MAKFIT
WELLNESS

THE 35+ FAT LOSS RESET

Why Weight Loss After 35 Feels Different and What To Do About It



- BOOST ENERGY
- REDUCE BELLY FAT
- SUPPORT HORMONE HEALTH
- SIMPLE & BEGINNER-FRIENDLY PLAN

Small changes **BIG** RESULTS

BY MANDY | MAKFIT WELLNESS

THE FREE 35+ FAT LOSS RESET

Quick Start Guide for Women 35+

Who Want More Energy

Better Health and Sustainable Fat Loss



WHY WEIGHT LOSS FEELS DIFFERENT AFTER 35

Hormones, stress, recovery and muscle mass all change as we age. The good news is that you do not need extreme diets or exhausting workouts. You need a smarter approach.

Common Symptoms Women Notice

Stubborn belly fat

Low energy

More cravings

Poor sleep

Weight loss plateaus



THE 5 NON-NEGOTIABLES

1. Strength train 3 times per week
2. Eat protein with every meal
3. Walk daily
4. Prioritize sleep
5. Manage stress consistently



Why Strength training works

Preserves muscle

Increases metabolism

Improves hormone health

3-DAY QUICK START WORKOUT PLAN

Day 1: Full body workout (20-25 min)

Workout (3 rounds):

- **Squats – 10 reps**
- **Wall push-ups – 10 reps**
- **Glute bridges – 12 reps**
- **Bent-over rows (use bottles/dumbbells) – 10 reps**

Rest 30–60 seconds between

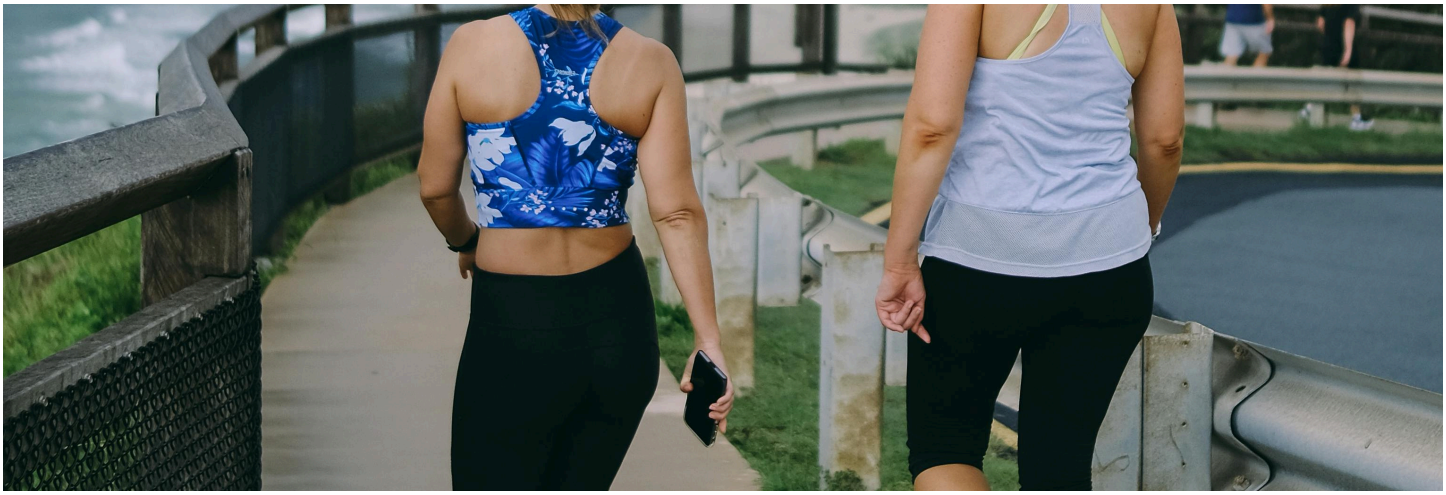




DAY 2 – WALK + LIGHT MOVEMENT

- 20–30 minute walk
- Optional: 5–10 min stretching

Keep it relaxed — this supports fat loss



Day 3: Full body workout (20-25 min)

Workout (3 rounds):

- Squats – 10 reps
- Wall push-ups – 10 reps
- Glute bridges – 12 reps
- Bent-over rows (use bottles/dumbbells) – 10 reps

Rest 30–60 seconds between

Focus on consistency rather than perfection

Search YouTube for exercise demonstrations if you're unfamiliar with any movement

Meet Mandy

As a 53 year old mother of four and grandmother of two, I understand how challenging it can be to put your own health first while caring for everyone else.

After more than 15 years in the fitness and wellness industry, my passion is helping women create sustainable habits that fit into real life and deliver lasting results.

Throughout my life, I have focused on building healthy habits rather than following restrictive diets or looking for quick fixes.

I believe that long term success comes from consistency, not perfection. By eating nutritious food, staying active, prioritising recovery and creating sustainable routines, it is possible to improve your health, energy and confidence at any age.



3-DAY SIMPLE MEAL PLAN

Focus on protein, vegetables, fruit and whole foods most of the time.

Breakfast:

Eggs & toast

Greek yogurt & berries

Lunch:

Chicken Salad

Tuna wrap

Dinner:

Fish & vegetables

Lean mince & sweet potato

Drink 2–3 litres of water daily



COMMON FAT LOSS MISTAKES

Skipping meals, excessive cardio, poor sleep, and expecting instant results often make progress harder. Sustainable habits create lasting results



Ready To Lose Weight Without Extreme Diets?

If this guide helped you, imagine what you could achieve with a complete step-by-step system.

Ready for the Complete 7 day Fat Loss Reset Program?

This includes:

Meal Plans with Shopping Lists

Exercise program with Coaching Support

Weekly Tracking Sheets

Message "RESET" and receive a FREE 15 minute Fat Loss Strategy Call

Email: makfitwellness11@gmail.com

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